STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

Q# 1

How do you normally deal with fear or anxiety? Is this helpful? How can you invite God into these times?

"I'm not afraid to fail…I'm scared to death of dying and having the Lord say to me, 'Angelica, this is what you might have done had you trusted more."

Mother Angelica

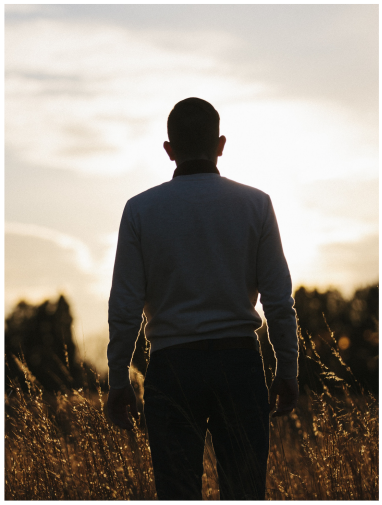
Q# 2

Do you ever feel that fear has held you back from your full potential as a teacher? What do you think you could have done differently that would have enabled you to better live out your vocation?

Going Deeper

Q#3

Can you recall a time where you trusted in God despite your fear? How did this effect the situation? What can make it easier for you to trust in God?



"What has a person to fear who lives in the arms and bosom of God?"

St Paul of the Cross

Action Steps

Try to find something small in your life this that you can entrust to God. It doesn't have to be massive or life changing, just some area in your life where you can leave the results in God's hands, knowing that he brings all things for the good of those who love him.